

# COMMON SENSE: INDIGESTION OR MINOR HEARTBURN

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
HEP 1060- 01/06

Indigestion includes heartburn, stomach pain, nausea, and gas. It usually results from eating or drinking too much or too quickly, or eating foods that disagree with you. Too much or too little stomach acid can trigger indigestion.

Avoid indigestion by avoiding things that irritate your stomach:

1. Don't smoke or chew tobacco.
2. Don't drink alcohol.
3. When you eat, chew each bite very well before swallowing.
4. Avoid food and drinks that seem to aggravate your stomach.
5. Keep a food diary to help you spot troublesome foods. Coffee, tea, caffeinated sodas, alcohol, chocolate, fatty foods, citrus fruits, spicy foods and acid producing foods like beans and cabbage are all common causes of indigestion.
6. Don't lie flat for two to three hours after eating.
7. Exercise regularly. If possible, wait one-hour after eating before beginning exercise.
8. Placing warm compresses on your stomach may provide quick relief.
9. Maintain a normal body weight and eat a healthy diet.
10. Do not overeat and avoid eating within 3 hours of going to bed.
11. Antacids are available in the inmate store to help you control indigestion.



Note: A special diet is not necessary to control indigestion.

**Warning: If you have crushing chest pain, cold sweats, or are vomiting blood, contact your Shift Commander.**

**Other Instructions:**